

# SPRING SALAD WITH FENNEL AND ARTICHOKE

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PHOTO BY LEAH KOENIG

*By Leah Koenig*

Growing up, the green salads my family ate for dinner consisted of a rarely changing mix of romaine lettuce, shredded carrots and chopped tomato. They were delicious (because crunchy vegetables are always good!) but achingly routine. These days I like to switch up my salads to reflect the seasons—and, fortunately, the Coop makes this easy. In the summer I toss buttery Bibb lettuce with sun-loving heirloom tomatoes, crispy cucumbers and sweet corn shaved from the cob. Come fall, I start adding autumnal veggies like roasted squash and red onions to the bowl. And in winter, I turn to a mix of heartier greens like spinach and kale, brightening them up with fresh citrus and toasted nuts.

This salad celebrates the delicate but vibrant flavors of spring. It pairs baby arugula, peppery radishes, sweet fennel and marinated artichokes with a zesty, herb-packed dressing. It is the perfect salad to serve on the cusp of late spring and early summer. Pair it with a bowl of your favorite pasta and a glass of white wine and toast to the season.

# SPRING SALAD

with  
Fennel and Artichokes



Arugula



Fennel



Basil



Radishes



Artichokes



Olive Oil



Red Wine  
Vinegar



Honey Mustard



Salt and Pepper



Orange Zest



Dried Oregano



DONOHUE

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## **For the Salad:**

- 5 ounces arugula (or other spring greens)
- 4 radishes, thinly sliced
- 1 small fennel bulb, quartered, cored and thinly sliced (reserve the fronds for another use)
- 4-6 marinated artichokes (I used the ones from the Coop's refrigerator case), chopped
- A handful of basil leaves, roughly torn

## **For the Dressing:**

- 1 tablespoon of the oil from the marinated artichokes
- 2 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- 1 teaspoon honey mustard
- ½ teaspoon grated orange zest
- ¼ teaspoon kosher salt, plus more as needed
- ¼ teaspoon freshly ground black pepper
- ¼ cup extra virgin olive oil

1. Make the salad: in a large serving bowl, toss together all of the salad ingredients.
2. Make the dressing: combine all of the dressing ingredients in a bowl and whisk to emulsify. Taste and add more salt, if needed. Drizzle desired amount of dressing over the salad and toss to combine. Reserve any remaining dressing for a future sal-

ad.

*Leah Koenig's new cookbook is Portico: Cooking and Feasting in Rome's Jewish Kitchen.*